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OTTAWA SCORES FOUR UNANSWERED GOALS VS. VANCOUVER PAGE 14

5.28M reasons to believe in Telemiracles

'Saskatchewan's charity.' 38th edition of fundraising drive hits airwaves in support of those with mental, physical disabilities

MARCO VIGLIOTTI
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One of Saskatchewan's most popular charitable campaigns made its annual return to television screens across the province this past weekend, as Telemiracle went live from Regina's Conexus Arts Centre.

The 20-hour telethon, which raises money to support families of children with disabilities and people with special needs, was broadcast in its entirety on CTV stations across Saskatchewan on Saturday and Sunday while hosting an array of musicians, dancers and other performers.

"We have a national cast, (such as) Beverley Mahood, Harlequin, Tal Bachman and there's a number more," said David Sullivan, who manages public relations for this year's telethon.

"There will be 50 performers, who are what's called Saskatchewan talent."

Regina and Saskatoon alternate hosting duties for the popular drive, which managed to generate about $5.5 million last year.

This time around, Telemiracle brought in $5.28 million.

Approximately 500 volunteers, including crews from CTV stations, lent their talents to the show.

Organized by the province's Kinsmen and Kinettes organizations, the telethon does not set an annual fundraising goal, according to Sullivan, who said the plan is simply to drum up as much money as possible for those struggling with mental and physical disabilities.

Now in its 38th year, the event has a success that Sullivan said can be traced to its history as "Saskatchewan's charity."

Most of the money raised will go directly to assisting individuals with costly medical needs, while a portion will be handed to institutions such as the Wascana Rehabilitation Centre and children's hospitals.

"We'll provide (funds) if somebody needs a ramp built in their house ... or a van with wheelchair access," Sullivan said.

"We help to make their quality of living as good as possible."

PHOTOS FROM THE EVENT, PAGE 2

OSCAR LOVES LUPITA

Lupita Nyong'o accepts the award for best actress in a supporting role for 12 Years a Slave during the Academy Awards at the Dolby Theatre in Los Angeles on Sunday. For more on the awards, see pages 9 & 10, and visit metronews.ca. JOHN SHEARER/INVISION/THE ASSOCIATED PRESS

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Circle Drive

Eight-year-old girl dead after weekend collision in Saskatoon

An eight-year-old girl was killed in a crash on Saskatoon's Circle Drive this past weekend.

Emergency response teams arrived at the scene at approximately 9:30 a.m. on Saturday to discover that the northbound vehicle had flipped, crossed the median and landed on the southbound lanes after its driver lost control.

The girl, who was in the back seat at the time, was declared dead at the scene.

The driver, who was thrown from the vehicle, is in hospital in stable condition.

A collision analysis unit is investigating.

Traffic restrictions on Circle Drive between Ruth Street and 8th Street, in the northbound and southbound lanes, remained in effect for some time on Saturday following the crash.

METRO

North Central

Woman charged in homicide

A woman has been charged with second-degree murder in Regina's first homicide of the year.

Jessica Dawn Pelletier, 28, of Regina was charged on Sunday after Marvin Bruce Sefton, 41, was found dead by city police at a home on the 1000-block of Garnet Street early on Saturday.

Officers had gone to the residence in the North Central area about 3 a.m. in response to a call about a man who had been injured. Paramedics responded as well and confirmed at the scene that the man, also of Regina, had died. Pelletier is slated to appear in provincial court in Regina Monday at 9:30 a.m.

METRO

Record cold across Sask.

March 1. Eleven Saskatchewan communities suffer record low temperatures

The month of March came in like a lion on a weekend for Saskatchewan's record books, as frigid conditions broke 11 long-standing cold temperature marks.

On Saturday, Regina dropped further than its previous record low of -37.2 C for March 1 set in 1972, with a remarkable — and very uncomfortable — temperature of -38.8 C. While Saskatoon came close to its record low temperature of -37.8 C for that date, the city fell short by less than a degree — dipping to -37 C.

Environment Canada meteorologist Dan Fulton explained that the mercury's steep drop — an unwelcome surprise to many, coming at the beginning of March — was a result of an Arctic ridge of high pressure over the Saskatchewan-Alberta boundary, combined with a north-to-south jet stream delivering the bone-numbing air.

"The jet stream was locked in a north-south orientation rather than east-west, and that allowed for frequent outbreaks of Arctic air this year," Fulton said on Sunday.

"If the jet stream was more east (to) west, then that keeps the cold air kind of bottled up in the Arctic. But it wandered quite a bit," he added.

"That allowed the cold air from the Arctic to spill into the Prairies quite frequently."

Weyburn, Leader and Elbow also saw record-breaking lows on the weekend.

However, signs of spring could arrive in southern Saskatchewan as soon as next weekend.

"What we're looking at is a gradual warming trend," Fulton said. "There are basically some systems that are coming in off the Pacific ... and as these systems move across B.C. and Alberta, they'll gradually push the cold air out of the way and we'll have a gradual warm-up through the week."

Environment Canada is predicting that Saskatoon will reach a temperature of 1 C next Saturday, while Regina climbs to -3 C.

MORGAN MODJESKI/METRO IN SASKATOON

Telemiracle takes to the stage

Tal Bachman performs in Telemiracle at Regina's Conexus Arts Centre on Sunday for a live audience, and for people watching on television across Saskatchewan. The 38th annual two-day telethon raised $5.28 million for people with disabilities and their care. Inset: A group of other performers and participants takes the stage.

MARCO VIGLIOTTI/METRO

Cora is flipping over
National Pancake Day!
Tuesday, March 4th
The Cora Foundation will donate $1 from the sale of every pancake and crêpe plate to the Breakfast Club of Canada.
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Breakfast and Lunch

Ottawa student says she is the victim of campus 'rape culture'

Apology not enough. Woman facing legal threats after speaking out against graphic Facebook conversation, whose participants insist was private

Anne-Marie Roy, president of the Student Federation of the University of Ottawa, attends a rally in Ottawa on May 1, 2013. Roy is speaking out about an online conversation among five fellow students in which she was the target of sexually graphic banter. BEW POWLESS/THE CANADIAN PRESS

A University of Ottawa student union leader says an online conversation among five students in which she was the target of sexually graphic banter shows that "rape culture" is prevalent on Canadian campuses.

Anne-Marie Roy, 24, is going public despite threats of legal action by four of the male students.

Roy — who received a copy of the conversation via an anonymous email — said she felt compelled to speak out, especially since the five were in positions of leadership on campus.

"They should be held accountable for those actions," said Roy, who heads the Student Federation of the University of Ottawa.

The conversation — a copy of which was obtained by The Canadian Press — included references to sexual activities some of the five individuals wrote they would like to engage in with Roy, as well as suggestions that she suffered from sexually transmitted diseases.

Roy said she received an emailed apology from the men, which emphasized that their comments were never actual threats against her, but she felt the apology wasn't enough. She planned to distribute copies of the conversation to the board of administration, which oversees the affairs of the student union, while asking the board to move a motion to "condemn" those involved.

After learning of Roy's plan, four of the five individuals sent her a letter warning her that the conversation was private and that sharing it with others would amount to a violation of their rights. THE CANADIAN PRESS

How many Jack the Rippers hide in the London (Ont.) fog?

Criminologist Mike Arntfield MIKE DONACHIE/METRO IN LONDON, ONT.

London, Ont., is the serial killer capital of the world, a Western University expert claims in a shocking upcoming book.

Criminology professor Mike Arntfield says past London murders point towards unknown serial killers. Between 1960 and 1985, London had 32 homicide victims, all of them women and children, in cases that indicate serial killers could be involved.

Of those 32, 13 are attributed to three confirmed multiple murderers: Russell Johnson, the Balcony Killer; Gerald Archer, who was called the Chambermaid Slayer; and Christian McGee, known as the Mad Slasher.

But Arntfield says among the remaining 19, there are links. "We've identified a number that suggest the coexistence of two, and possibly three, others (serial killers) at that time," he said.

At a time when London had 200,000 to 250,000 people, having five or six serial killers was a high rate — "extraordinarily high," said Arntfield.

In fact, he says it's the highest rate of any city, based on the statistics available worldwide.

But why London? Arntfield says it's complicated, but factors include population demographics and London's distances from other cities. Being near the highway is a factor, too.

The full story will be revealed when Arntfield's book is published in the coming months.

MIKE DONACHIE/METRO IN LONDON, ONT.

In writing and on TV

Mike Arntfield is appearing on To Catch a Killer, on OWN every Saturday night.

- Arntfield has two books coming out this year: Introduction to Forensic Writing and Procedural Writing.

Impact of violent crime cost over $12B in 2009: Study

Violent crimes in Canada come with a huge financial cost, to victims and to the justice system, says a new Justice Canada report.

Five types of violent crimes that occurred in 2009 had an economic impact of $12.7 billion, says the detailed accounting of dozens of factors, from medical care and lost wages to court and social welfare costs.

The study is the department's fourth since 2011 to examine the grim price tags associated with crime in Canada, all of them focused on the burden placed on victims.

The latest research, completed in December, looked at every case of assault, criminal harassment, homicide, robbery, and sexual assault and other sexual offences, that occurred in 2009.

Excluded were cases in which there was a spousal relationship, which was the special subject of a previous study. The project drew on police and court databanks as well as surveys from Statistics Canada.

By far the largest single cost — $4.8 billion of the total — was attributed to sexual assault and other sexual offences, crimes in which more than 90 per cent of victims were women.

Victims bore most of the costs for all five types of crime, $10.6 billion, with criminal justice system and third-party costs far behind.

"The victims bear the greatest burden of the impacts, much of it intangible, and family, friends and employers can also be burdened," the authors conclude.

"The impacts are eventually felt by all Canadians in the form of public spending on the justice system and social services."

THE CANADIAN PRESS

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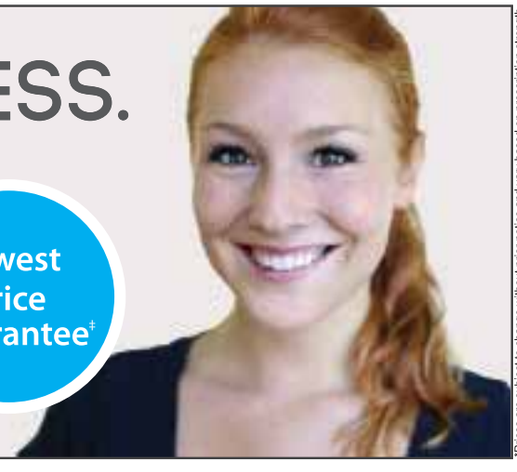

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West urges Russia to stand down

Divided loyalties. While western Ukraine wants closer ties with the EU, its eastern and southern regions look to Russia for support

Unidentified armed men patrol around a Ukraine infantry base in Perevalne, Sunday. Hundreds of armed men in trucks and armoured vehicles surrounded the Ukrainian military base, blocking its soldiers from leaving. The outnumbered Ukrainians placed a tank at the base's gate, leaving the two sides in a tense standoff. DARKO VOJINOVIC/THE ASSOCIATED PRESS

Warning that it was "on the brink of disaster," Ukraine put its military on high alert Sunday and appealed for international help to avoid what it feared was the possibility of an invasion by Russia.

Outrage over Russia's tactics mounted in world capitals, with U.S. Secretary of State John Kerry calling on President Vladimir Putin to pull back from "an incredible act of aggression."

Fearing that Europe's borders were being rewritten by force, world leaders rushed to find a diplomatic solution to the dispute. But there was no denying what had already happened on the ground: Russia captured the Black Sea peninsula on Saturday without firing a shot.

Ukrainian Prime Minister Arseniy Yatsenyuk said there was no reason for Russia to invade Ukraine and warned that "we are on the brink of disaster."

"We believe that our western partners and the entire global community will support the territorial integrity and unity of Ukraine," he said Sunday in Kyiv.

NATO held an emergency meeting in Brussels, Britain's foreign minister flew to Kyiv to support its new government and the U.S., France and Britain debated the possibility of boycotting the next Group of Eight economic summit, being held in June at Sochi, the host of Russia's successful Winter Olympics.

On Sunday evening, the White House issued a joint statement on behalf of the Group of Seven saying they are suspending participation in the planning for the upcoming summit because Russia's advances in the Ukraine violate the "principles and values" on which the G7 and G8 operate.

THE ASSOCIATED PRESS

Soviet-style intervention

Baird rules out military response

Foreign Affairs Minister John Baird is ruling out western military intervention to force Russia to pull its troops out of Ukraine. But he's not ruling out further sanctions, including expelling Russia's ambassador to Canada.

Baird described Russia's incursion as "old Soviet-style" aggression and said Putin's attempts to justify it are "absurd and ridiculous."

"What we are doing is working together to say in no uncertain terms that this is completely unacceptable and to condemn (it) in the strongest language possible."

On Saturday, Prime Minister Stephen Harper said Canada will boycott preparatory meetings for the G8 summit, which is supposed to be held in June in Sochi. THE CANADIAN PRESS

Syria

Journalist released

A Spanish journalist kidnapped by militants from a breakaway al-Qaida group in Syria crossed the border into Turkey on Sunday, his newspaper reported. The news came as the reporter's captors, fighters from the Islamic State of Iraq and the Levant group, fled areas near the Turkish border, leaving behind at least two mass graves.

THE ASSOCIATED PRESS

Egypt

PM urges end to strikes, protests

Egypt's new prime minister on Sunday urged a halt to protests and strikes to give the nation a breather to rebuild after more than three years of deadly turmoil, a call made by his predecessors to no avail. Ibrahim Mehlib made his appeal in an address televised live on his first full day on the job after he and members of his Cabinet were sworn in on the previous day by interim president Adly Mansour.

THE ASSOCIATED PRESS

South Africa. 24-hour TV channel showing Oscar Pistorius trial goes on air

A cable TV channel devoted to the Oscar Pistorius murder trial went on air in South Africa on Sunday night showing footage of the blonde model the world-famous athlete shot dead at his home a year ago. The video includes footage of her playing with dolphins.

The 24-hour channel began broadcasting just over 12 hours before Pistorius was expected in court for the start of his trial.

Dedicated completely to the trial, some of its early programming focused on the life of girlfriend Reeva Steenkamp, the model and reality TV star Pistorius killed on Valentine's Day last year when he fired shots through a toilet door at his house. In one video taken by security camera, a smiling Steenkamp is seen arriving at the gated community where Pistorius lived just hours before she was killed. There was also video of her swimming with dolphins while shooting a reality TV show for South African television. At one point, two dolphins tap their snouts on her cheeks.

Pistorius denies murder and says he shot Steenkamp after mistaking her for a dangerous intruder inside a toilet cubicle in his bathroom during the night.

THE ASSOCIATED PRESS

TV

The channel, called The Oscar Pistorius Trial — A Carte Blanche channel, is on South Africa's most popular cable TV network, which is one of the three broadcasters that asked the judge to allow live coverage of the trial.

- Three remote-controlled cameras have been installed in the courtroom.
- The trial judge has the option of stopping the live coverage if it becomes intrusive.

Pacaya volcano getting busy again

Residents exercise as a column of ash rises from the Pacaya volcano in Villa Nueva, Guatemala on Sunday. Guatemala authorities say the Pacaya volcano near Guatemala City has shot plumes of ash and vapor 3.7 kilometres high, while spewing glowing-hot rock. The eruption early Sunday is the latest round of activity at the scenic volcano located just 50 kilometres south of Guatemala City. MOISES CASTILLO/THE ASSOCIATED PRESS

Chinese officials blame separatists for slashing spree

Uighurs accused.
Twenty-nine people killed, four assailants shot dead by police

Authorities on Sunday blamed a slashing rampage that killed 29 people and wounded 143 at a train station in southern China on separatists from the country's far west.

Police fatally shot four of the assailants — putting the overall death toll at 33 — and captured another after the attack late Saturday in Kunming, the capital of Yunnan province, the official Xinhua News Agency said. But authorities were searching for at least five more of the black-clad attackers.

Witnesses described assailants dressed in black storming the train station late Saturday evening and slashing people indiscriminately with large knives and machetes.

Prayers at the massacre's site, a train station in Kunming, China, Sunday.
ALEXANDER F. YUAN/THE ASSOCIATED PRESS

State broadcaster CCTV said two of the assailants were women, including one of the slain and the one detained.

China's top police official, Politburo member Meng Jianzhu, arrived in Kunming early Sunday, an indication of how seriously authorities viewed the attack.

Most attacks blamed on Uighur separatists take place in the western province of Xinjiang, but Saturday's assault happened more than 1,500 kilometres to the southeast in Yunnan, which has not had a history of such unrest.

Kunming residents expressed dismay at both the attack and the conditions within China that could have allowed it to happen.

THE ASSOCIATED PRESS

Ultra-Orthodox protest military service

Hundreds of thousands of ultra-Orthodox Jews paralyzed Jerusalem Sunday to rally against plans to force them to serve in the Israeli military, which is mandatory for secular Jews. ODED BALILTY/THE ASSOCIATED PRESS

Canada's Cindy Klassen

Olympian helps open women's gym in Palestine

Canadian speedskater Cindy Klassen, a six-time Olympic medallist, has helped open a $1.3 million indoor gym for Palestinian women in the biblical town of Bethlehem.

Women's participation in sports is relatively unusual in Palestinian society.

The 1,300-square-metre sports centre opened Sunday, with funding from Canadian Lutheran World Relief and Calgary's Mt. Calvary Lutheran Church.

THE ASSOCIATED PRESS

N.Y.C. court

Bin Laden's son-in-law on trial

Osama bin Laden's son-in-law goes to trial Monday on charges he conspired to kill Americans in his role as al-Qaida's mouthpiece after the Sept. 11, 2001 terrorist attacks. THE ASSOCIATED PRESS

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Four rules to RRSP game

HOW TO ROLL
Alison Griffiths
metronews.ca

It's today! The RRSP contribution deadline for the 2013 tax year ends at midnight. And here you are, among the more than 75 per cent of eligible Canadians who haven't made an RRSP contribution.

Are you going to let another year pass without capitalizing on just about the only tax deduction for working folk? Or are you going to tip toe over to that line of credit or take advantage of your friendly bank/broker/financial adviser who can get you some cash by day's end?

Before you sign on the dotted line, here are four RRSP loan rules.

1. Have a taxable income
There is no point in borrowing to contribute if it provides no tax advantage to offset the loan costs. Contribute by all means, if it makes sense for retirement planning and to carry the deduction forward to higher earning years. But don't saddle yourself with debt to do so.

2. Pay it back in one year
Don't let the fact that the money is going into your RRSP confuse things. It's a debt and must be paid off. With just hours to go, consider this, if you weren't able to save enough during the year for regular contributions, how are you going to pay off the loan over the next year?

If you can't get rid of the debt within the next 12 months, think hard about how you will avoid being pulled into a cycle of debt-contribution-debt for future years.

3. Direct the tax refund at the loan
Come tax refund time there are always demands on those dollars but they should go to pay off the RRSP loan. Without fail every time I've seen the borrow-to-contribute strategy go off the rails it starts with the failure to use the refund to pay down the loan.

4. Work on a savings plan
Let's face it. Failure to contribute to an RRSP means something is wrong with your financial plan. It's time to butt heads with your budget and figure out why your retirement saving is not on track.

CEO insists

Apple has 'a ton of stuff going on'

Apple CEO Tim Cook is still trying to convince shareholders that the iPhone maker remains a step ahead in the race to innovate, even though recent performance of Apple's stock lags behind other technology trendsetters. THE ASSOCIATED PRESS

24 in 2013

Five U.S. bank failures already this year

Regulators have closed small lenders in Virginia and Pennsylvania, bringing U.S. bank failures this year to five after 24 closures in 2013.
THE ASSOCIATED PRESS

$1.2B package

World Bank lends Tunisia a helping hand

The World Bank announced Friday a $1.2 billion US package to support Tunisia's economic reforms and stumbling economy.
THE ASSOCIATED PRESS

Corruption scandal hits Turkey

Cars wait for the green light on a main road covered with fake banknotes after members of the main opposition Republican People's Party (CHP) threw fake euro bills into the air during an anti-government protest denouncing a corruption scandal that has shaken Prime Minister Recep Tayyip Erdogan's government, in Ankara, Turkey, on Saturday. Protesters shouted "there's a thief! " as they distributed an amount of 30 million fake bills, a day after five remaining suspects jailed in a vast corruption investigation that has shaken Erdogan's government (including two former ministers' sons and a businessman suspected of bribery and illicit money transfers to Iran) were released on parole pending trial. THE ASSOCIATED PRESS

Pals have apptacular success

Sometimes words can hurt, and that's a bad thing.

But for the people behind the video game Letter Quest: Grimm's Journey, damaging words are spelling out their success.

Jake Macher and Mark Smith, who met while working together in London, Ont., are the creators of the game, which came out on Feb. 5.

And it's looking good. Soon after its release, the game made it on to the iTunes App Store's front page, and its popularity means it's stayed there since.

"It is a spelling game that's on the App Store and (Google's) Android Store," said Macher, 36, who also has a full-time job at Big Viking Games in the Southwestern Ontario city. "It's kind of like a cross between Scrabble and a role-playing game. You use the letters to spell words, and the bigger the word is, the more damage you do to beat up the ghosts in the game.

The Grim Reaper on the hunt in the Letter Quest: Grimm's Journey. SCREEN GRAB

"As you progress, you are buying items for your character, who's the Grim Reaper, to make him stronger, so that's the role-playing part of it."

It's the first game produced by Bacon Bandit Games, which was formed by the friends six months ago.

Although they worked together at Antic Entertainment in London, Ont., Smith, 34, moved home to Winnipeg to be nearer his family.

Looking ahead, they're discussing possible new games, as well as releasing updates to their first one, giving people new ways to play.

MIKE DONACHIE/METRO IN LONDON, ONT.

Slave wages? Ha! Gen Y is interning for no wages

Nicholas Smith is a 22-year-old Torontonian, working on his second unpaid internship after graduating from the University of Toronto last year with an ethics degree.

Working without pay for months — and sometimes years — after graduating triumphantly wasn't exactly what Smith and his friends had in mind when they toiled away along the path to what they believed was a bright future.

"I am working with people who've done their masters degrees, and definitely there's an emotional toll in having to work for free," said Smith, whose current unpaid internship is at a Toronto-based think-tank as a foreign policy analyst.

"I used to do marketing and there are a couple of marketing companies that are absolutely notorious — they have marketing graduates working 50-hour weeks and overtime without pay, and if you refuse to work the OT you don't get a reference," he said.

Millennial exploitation?

"(N)o one is picked up anyway at the end of the internships. It's just exploitation."
Nicholas Smith, a 22-year-old unpaid intern, on marketing companies' use of free interns.

Unpaid internships are on the rise in Canada, with some organizations estimating there's as many as 300,000 people currently working for free at some of the country's biggest, and wealthiest, corporations. THE CANADIAN PRESS

Cases

Some high-profile cases involving unpaid internships in Canada recently:

- **Andy Ferguson.** The 22-year-old Alberta practicum student was killed in a head-on collision in 2011 while driving home after working long hours during an unpaid internship at a radio station. His family is pushing for laws to protect unpaid interns from exploitation.
- **Jainna Patel.** In 2012, Patel filed a complaint seeking back wages from Bell Mobility, saying her unpaid internship had no educational value and that she was doing the same work as paid employees. It was rejected by a federal labour inspector. Patel has appealed.

A HOPE FOR A BETTER UKRAINE

URBAN COMPASS

Christina Cherneskey
regina@metronews.ca

Ukraine has always been a country of political contention. Its geographical location dictates that.

The history of Ukraine is thick with chaos. With historical ties dating to the Middle Ages, it's no wonder that a streak of defiance exists in its people.

The Orange Revolution in 2006 is just one example of how hard Ukraine had hit the wall. Tens of thousands of Ukrainians occupied Independence Square in Kyiv — all in the name of democracy.

But I am not here to walk through history with you. I want to tell you about the parliamentary elections of 2012, and the great opportunity I was given to witness and observe.

I was selected by Canadem (Canada's Civilian Reserve) to be an international observer for this vote. There were nearly 200 of us. I was deployed to the region of Ivano-Frankivsk, near the Carpathian mountains.

After the election, I wrote about the stark responsibility a small village shouldered:

"Applause broke out. It was 5 a.m. The votes were finally counted and arranged. Everyone in the room thanked God. With hands over hearts, they sang for Ukraine: 'Shche ne vmerla Ukraina!'... Ukraine has not perished."

I thought the worst was over. I had understood that the ballot boxes would be safely escorted by military police to the city.

What I witnessed at the district office in Ivano-Frankivsk was nothing short of terrifying. Crammed in front of the main doors of the polling office were hundreds of people from various regional polling stations trying to get in.

Some threatened to riot. Others pledged to throw their ballot boxes into the fire. All of this fell on deaf military ears.

Inside the small building, it was even worse. Jammed into a tiny waiting area were hundreds more waiting to have their ballots approved by committee. It was a deliberate method to slow down an already archaic electoral process.

2012 election process was telling

That election of 2012 was a different worship for them — a prayer for a better Ukraine. And a belief that a fair election might make things better.

The reality of the 2012 Ukraine election suddenly hit me: they were not going to count all the votes.

When I left the district office, I saw some people from my polling station. About 12 hours earlier, they slipped away to change their clothes before counting the ballots. They proudly wore embroidered blouses and new shoes as though they were going to church.

That election of 2012 was a different worship for them — a prayer for a better Ukraine. And a belief that a fair election might make things better.

ZOOM

Nothing funny about Polar Plunge

TASOS KATOPODIS/GETTY IMAGES

Tonight Show host takes a jump in lake

Jimmy Fallon participates in the Chicago Polar Plunge 2014 into Lake Michigan on Sunday in Chicago.

The Tonight Show host agreed to make the "plunge" with Mayor Rahm Emanuel as a condition for the mayor appearing on Fallon's show in New York, following an exchange of tweets and challenges.

The annual event draws several thousand hearty plungers to raise money for Special Olympics Chicago.

Emanuel said last summer that if the city's children read 2 million books as part of a Chicago Public Library program called Rahm's Readers, he'd jump in the lake. When it appeared that they had met the goal, Emanuel had to do it.

THE ASSOCIATED PRESS

Challenge prompted by Chicago mayor

When Emanuel heard that Fallon wanted him to appear on the late-night show that he took over in February from longtime host Jay Leno, the mayor called the comedian and challenged him to join in the plunge.

Fallon joked on his show Wednesday that he agreed to make the plunge before realizing what the plunge actually entailed.

He called it a "nightmare" but said he was a "man of my words."

He said Emanuel told him he had to "toughen up" before Emanuel would appear on his show.

The comedian's followers egged him to do it with a #JimmyPlungeWithUs campaign on Twitter.

THE ASSOCIATED PRESS

Clickbait

DYLAN ROBERTSON
Metro Online

Scoping out a new hairstyle? Maybe you're travelling soon and don't want to risk any salon miscommunications. Here are some apps that use a face photo to let you try on different hairstyles.

ModiFace Hairstyles:
This app allows women to try out 85 different styles in 20 colours, with photos of popular celebrity looks. (free, iOS)

Hair Salon:
This similar app lets women try out a variety of hairstyles. (free, Android)

Men's Hairstyles:
See your handsome mug in 240 different styles, including facial hair.
Probably the quickest way to try out a Santa beard or a crew cut. ($0.99, iOS)

CONTRIBUTED

Twitter

@metropicks asked: A fire dept is mad b/c a porn site took over their expired URL. What site would you take over and why?

@icubedca: We would take over http://www.cra-arc.gc.ca because we really admire their income.

@speirsr: I would take over MetroNews.ca, and then perhaps start a newspaper. (Psst. I lack imagination.)

@late2game: Snagged actionlondon.ca which was an astroturfing front for the development industry during the 2010 muni election.

Follow @metropicks

Comments

RE: Man Wakes Up In Body Bag At Funeral Home, published Feb. 28

You would think before putting someone in a fricking body bag, you would ensure that they were actually dead. Whoever signed off on this guy's death should be fired and have their licence revoked. **Grrrrrrrrr posted to metronews.ca**

maybe he dropped in for a cold one **CrazySnail posted to metronews.ca**

how many times has this happened and NOT been caught? **BUBBLE WHACK posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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CREATURE DESIGNER ALEXANDRA BYRNE
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PRODUCTION DESIGNER PATRICK TATOPOULOS
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Actress Lupita Nyong'o accepts the best performance by an actress in a supporting role award for 12 Years a Slave during the Oscars at the Dolby Theatre on Sunday in Hollywood. KEVIN WINTER/GETTY IMAGES

First time's a charm for Nyong'o

And the Oscar goes to ... Many categories were considered a foregone conclusion, so all eyes were left on best picture and supporting actress

NED EHRBAR
Metro World News in Hollywood

It looked to be a down-to-the-wire two-horse race at the Academy Awards, with favourites Gravity and 12 Years a Slave facing off for the big prize Sunday night in Hollywood. Aflonso Cuaron's technological marvel was heavily favoured to win the bulk of the technical awards — like its early wins for best visual effects and best sound mixing and editing — as well as best director for Cuaron, but could it also beat out Steve McQueen's artful examination of America's dark past?

With many of the main categories considered a foregone conclusion after a lengthy awards season that pushed Dallas Buyers Club stars Matthew McConaughey and Jared Leto and Blue Jasmine lead Cate Blanchett to the front of the pack, all eyes were on the few remaining categories left up in the air, including best supporting actress. In that race, Lupita Nyong'o (12 Years a Slave) bested closest rival Jennifer Lawrence (American Hustle), earning an Oscar for her first film role. "It doesn't escape me for one minute that so much joy in my life is because of so much pain in someone else's," Nyong'o said in an tear-filled, emotional acceptance speech. "When I look down at this golden statue, may it remind me and every little child that no matter where you're from your dreams are valid."

As for Leto, the first-time nominee kicked off the night with an expected win for his portrayal of transgender AIDS patient Rayon in Dallas Buyers Club. Leto honoured his mother while accepting his award. "Thank you for teaching me to dream," he told her from the stage. "To all the dreamers out there watching around the world in places like the Ukraine and Venezuela, I want to say that we are here ... . We're thinking of you tonight."

Host Ellen DeGeneres, returning to the job after leading the show in 2007, took the torch from Seth MacFarlane and promised a ceremony with less song-and-dance and less controversy. She kicked off the show in a sparkly blue tuxedo and a joke about the inclement weather in Los Angeles last week. "We're fine," she assured the audience. She also attempted to reassure the nominees that it wasn't about the competition. "Who are we kidding? It's the Hunger Games," she soon admitted. "You're starving, there are cameras everywhere and Jennifer Lawrence won last year." But after a strong start, the ceremony quickly took on a lagging pace, seeming to drag on with extraneous segments focusing on the show's theme of celebrating heroes. And though DeGeneres had vowed to be more involved in the show beyond the first half hour — unlike previous hosts — that promise didn't appear to bear out.

Online

Visit metronews.ca for more Oscar coverage and a full list of winners.

John MacKay, former editor of Fashion magazine and pop culture reporter, gives us his picks for Oscar's best-dressed list — and who missed the mark

Red-hot on the red carpet

1 Most anticipated dress — that didn't disappoint: Cate Blanchett in Armani — plus loyalty to an old friend.

2 Chicest Couple: Olivia Wilde and Jason Sudeikis, she in black Valentino, he in a midnight blue Prada tuxedo. Good taste, good looks and a pregnancy to boot!

3 A host outshines the stars: Ryan Seacrest, hosting E's red carpet coverage wearing an off-white Burberry dinner jacket (he calls it "custard cream") rather than the usual black.

4 Best red on red: Jennifer Lawrence on the red carpet in red Christian Dior. Keeping with her Oscar tradition, Lawrence tripped, but recovered the only way this woman knows how: with a laugh.

5 The one exception: In a rare misstep, newly blonde Julia Roberts is sadly, surprisingly, dowdy.

Ebooks

Year In Focus 2013

By. Getty Images

Kindle/iBooks

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Proof that a digital book can hold more photos than paper, this retrospective from Getty Images is a wealth of zoomable slide shows and interactive panoramas that place you at sporting events, concerts, and red carpet galas. Video reports revisit the year's scandals and conflicts while archives and obituaries travel through lives of influence. Every page preserves an extraordinary second.

Razzies

Forget the best, who's the worst in Hollywood?

Has Adam Sandler's dubious dominance of the Razzies come to an end? While Sandler has earned plenty of dubious honours from the Golden Raspberry Award Foundation — "celebrating" the worst in cinema each year on the night before the Oscars — he went home empty-handed despite his Grown Ups 2 being nominated for nine Razzies. Instead, the top honour went to star-studded sketch-comedy omnibus Movie 43, which won worst director for its 13 directors and worst screenplay for its 19 credited writers. Sandler himself was unseated by Jaden Smith, dubbed worst actor for his work alongside dad Will Smith — and worst supporting actor winner — in the sci-fi flop After Earth. The father-son duo also earned a trophy for worst screen combo. And Johnny Depp's disappointing The Lone Ranger was named worst remake, rip-off or sequel, making it the only Oscar-nominated film (for best makeup) to win a Razzie this year.

NED EHRBAR/MWN

Who would have thought? Jackie and Kelso are finally getting hitched

Mila Kunis and Ashton Kutcher

ALL PHOTOS GETTY IMAGES

Of all the romantic pairings in '90s Hollywood that might foretell romantic destiny, Jackie and Kelso from That '70s Show were never at the top of anyone's list. However, it turns out they've stood the test of time: Mila Kunis and Ashton Kutcher are engaged. Kunis was spotted shopping sporting a large diamond ring on the big deal finger. Sources have since confirmed to E! Online that she and Kutcher are engaged.

Though they've known each other since 1998, when both were cast on That '70s Show, Kunis and Kutcher only began dating in 2012. There are probably any number of reasons for that, not least of which is that when the show began its eight-season run Mila Kunis was only 14 years old, having vaguely misled producers about her age.

However, since he played her love interest, Ashton Kutcher was her first kiss on the show and in real life. And now they're getting married. Somebody make a movie about them. You could probably cover the decade or so in between when she dated Macaulay Culkin and he was married to Demi Moore in a tasteful montage or something, though.

Drake

'Difficult to manage' Drake dropped by PR firm

Drake is quickly earning himself a reputation for being difficult to work with after reportedly being dropped by his public relations firm, according to Page Six. The move was reportedly in response to Drake's outburst over being replaced on the cover of Rolling Stone by the late Philip Seymour Hoffman, and sources tell the Hollywood Reporter that the rapper "has been known to be difficult to manage." Making matters worse, he's apparently taking career advice from a group of friends from Toronto going by the name October's Very Own. "It's a shame that someone with so much talent is surrounded by kids who are burning bridges left and right," a source tells Page Six.

Gavin Rossdale and Gwen Stefani

Gwen and Gavin announce their Apollo landing

Gwen Stefani and husband Gavin Rossdale welcomed their third son on Friday. "Welcome Apollo Bowie Flynn Rossdale," the Bush front man and proud father announced via Twitter, explaining that Bowie and Flynn are he and Stefani's mother's maiden names. Stefani and Rossdale, who have been married for 11 years, are also parents to sons Kingston, 7, and Zuma, 5.

Twitter

@AlbertBrooks
Rumor has it Dennis Rodman is on his way to Ukraine

@Louis_Tomlinson
Dear Mr and Mrs Stone, I'm deeply saddened by your complaint to Chelsea High School regarding our lyrics. I hope the two of you 'get some' very soon

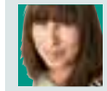
@LoganLerman
Believe it or not but all the rain in LA is just a big Paramount pr stunt

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Crowe, Crowe, Crowe your boat gently toward the Pope...



STARGAZING
Malene Arpe
scene@metronews.ca

Russell Crowe has been tweeting the Pope, inviting him to come watch Russell's new movie Noah. The Pope finally tweets back, "Already know that story, Gladi8r-boy. But really looking forward to Guardians of the Galaxy #rocket-raccoon."

An expert says that the recent proliferation of selfies is leading to a worrying increase in head lice. See, that's why I don't ever put my head next to someone else and take a picture, not because I don't have any friends.

Alec Baldwin announces that he's leaving public life for the following reasons: 1) He's too sensitive to deal with the haters. 2) Everyone in the world doesn't think and behave the way he wants them to think and behave. 3) Too many head lice.

Paula Deen declared that she's "back in the saddle." She added, "On a white horse, of course."

Skeet Ulrich will be playing two roles, a zombie and the zombie's priest brother, on an NBC show called Babylon Fields. But only because the sitcom Slow Dancing, which was about a werewolf family fighting childhood obesity in space, didn't work out.

David O. Russell says he made Jennifer Lawrence cry by spoiling the ending of Anna Karenina for her while she was reading it. Way to go throwing Jennifer under the train for being a crybaby.

LIFE 3

Use plastic to build credit history

A credit card can be your friend. Establish credit-worthy record just by paying off card in full every month

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

People are under the impression that I hate credit cards. Nothing could be further from the truth. I actually use my credit card for most of my purchases. What I hate is the idea of paying interest. I NEVER buy anything for which I do not already have the money set aside, so the balance is paid off in full every month.

Not having a credit card often means not having a credit history: The file that shows how you are at managing credit. This is something we usually associate with older, widowed women who have been cared for by loving, controlling spouses. But not having a credit history isn't the domain on slightly out-of-touch women; there are men out there who haven't got a clue because their wives do everything. And it isn't the exclusive territory of our elders; there are young professionals who haven't bothered to establish their own credit identities.

Everyone needs to have the ability to borrow money. Regardless of how you use credit, to get it you need to have a history to prove you can use it responsibly. And the fastest, cheapest and easiest way to establish a credit history is with a credit card.

Used wisely, a credit card offers a no-cost way to build your credit file. ISTOCK

Get a charge out of this

With a credit card, you can build a credit record without it costing you a cent.

If you have no credit history at all — or you've destroyed your credit history and need to rebuild from scratch — you'll need to have sufficient assets to secure your first foray into credit. Most people overlook credit cards as an option because they don't realize a credit card can be secured.

With a secured credit card, you put up cash to cover your balance. Lenders often want twice the credit card limit, so if you want a $500 credit limit you'll have to ante up $1,000. Once you've established your ability to manage the card — anywhere from six months to a year — you can ask for the security requirement to be dropped and your deposit returned.

Secured or unsecured, a credit card can be the cheapest way to build your credit file. In the old days, you had to take a loan, which you then repaid to establish yourself. All the while the interest clock was ticking. So you were "buying" your credit history. With a credit card, you can build a credit record without it costing you a cent. That's because credit cards let you use the issuer's money for a specific period of time interest free. And as long as you repay the outstanding balance in full every month, you can continue to use that credit at no cost. What a deal!

There are three kinds of credit cards: Travel and entertainment cards (like American Express, Diners Club) which don't have preset spending limits but which must be repaid in full each month. Company or retail store cards that are accepted by the issuing company and usually charge the most outrageous rates. And bank issued credit cards that let you "revolve" credit by paying a portion of your balance each month.

Banks do all kinds of things to get you to sign up for their cards. One of the most effective tools they have are teaser rates: Those low interest rates offered as an enticement for you to sign up for the card that last for a specific period of time. And only for as long as you pay on time. Pay attention to the terms and the expiry period, and make your payments well before the due date so you don't get caught when that low introductory rate skyrockets.

The type of credit consumer you are should dictate the type of card you have. If you find yourself carrying a balance, while you work on getting your balance paid off, search for a card with the lowest rate and transfer your balance to that new card. If you pay off your balance every month, you can go with a card that has higher interest — who cares, you're not paying interest anyway — that also offers features like frequent flier miles, cash back, or special insurance options. Just make sure the payoff is worth the price of the annual fee if there is one.

Credit cards can be invaluable when it comes to establishing a credit history. Get one, charge everything, pay it off — all off — every month, and in no time flat you'll have a credit history that will earn you preferential rates when next you need to borrow money for something important.

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METRO CUSTOM PUBLISHING

Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

Only Some Hospital Parking Can Be Claimed, But Everyone Should File A Return

Q I am working part-time while going to college. I didn't earn very much last year. Do I need to file?

A Absolutely. I would encourage any college or university student to file. Even if you earned no income, once you turn 19 you may be eligible for the GST/HST benefit. You have to file to receive it but it will be worth it when a little extra money arrives every three months. You must claim your tuition and education credits each year even if you can't use them. You may not benefit from the credits right now, but once you are working and paying tax, the carry forward credits mean a nice tax break. Or you can transfer up to $5,000 in credits to your parents, grandparents or spouse.

Q Can you claim hospital parking fees as a medical expense?

A It depends. If you have to travel 80km or more, you can claim mileage, and parking as well as accommodations and meals for you and an attendant. But if the hospital is closer to home, the parking fees can't be claimed as a medical expense.

Visit *hrblock.ca* for a location near you

Turkey in the slaw: Lean burgers zing with hoisin and a fresh crunch

FLASH FOOD

From your fridge to your table in 30 minutes or less

ROSE REISMAN
For more, visit rosereisman.com or follow her on Twitter @rosereisman

Turkey burgers are a healthier choice than beef and taste delicious. Feel free to use ground chicken as well.

Consider that 4 ounces of ground beef contains 250 calories, 17 gm of fat and 7 gm of saturated fat. Ground turkey contains only 128 calories, 7 gm of fat and 2 gm of saturated fat for 4 oz.

That's a significant difference to your diet.

You also have a choice of white or dark ground turkey. The dark turkey has slightly more calories and fat but is still lower than beef. Often a combination of both white and dark turkey make a delicious and moist burger.

Turkey is an excellent source of lean protein and contains the amino acid tryptophan, a building block of the brain compound serotonin, which induces better sleep and calmness, something we all need!

The Asian flavors go well with turkey. You can find these ethnic ingredients in the Asian section of supermarkets.

The slaw is prepackaged and found in the lettuce section of your grocery store. Feel free to make your own slaw, by grating some white, red or green cabbage, carrots and broccoli.

No need for a bun, but feel free to serve over a whole grain roll with sliced tomato and an extra dollop of hoisin sauce.

You can make these burgers ahead of time, uncooked and freeze for later use.

The recipe for Asian Turkey Burgers with Slaw Topping recipe makes 4 servings. ROSE REISMAN

Directions

1. Burgers: Mix all ingredients until combined and make four patties.

2. Grill patties in a skillet sprayed with vegetable oil for 5 minutes per side or until temperature reaches 165 F.

3. While cooking burgers, combine slaw topping. Serve over burgers.

Ingredients

Burgers
- ¼ cup finely diced onion
- 1 lb ground turkey
- ¼ cup panko Japanese crumbs or unseasoned bread crumbs
- 3 tbsp hoisin sauce
- 1 ½ tsp minced ginger
- 1 tsp minced garlic
- 2 tsp soy sauce
- 1 tsp hot sauce (sriracha)
- 1 tsp sesame oil
- 3 tbsp chopped cilantro

Slaw topping
- 2 ½ cup packed coleslaw
- 1 tbsp hoisin sauce
- 1 tsp minced ginger
- 1 tsp sesame oil
- ½ tsp hot sauce
- 2 tbsp chopped cilantro
- 1 tsp sesame seeds

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

The science behind the survivor

Fight back with facts.
After battling a rare liver cancer, NYC high-school student applies her computer science skills to analyzing tumours

First the teenager survived a rare cancer. Then she wanted to study it, spurring a study that helped scientists find a weird gene flaw that might play a role in how the tumour strikes.

Age 18 is quite young to be listed as an author of a study in the prestigious journal Science. But the industrious high school student's efforts are bringing new attention to this mysterious disease.

"It's crazy that I've been able to do this," said Elana Simon of New York City, describing her idea to study the extremely rare form of liver cancer that mostly hits adolescents and young adults.

Making that idea work required a lot of help from real scientists: Her father, who runs a cellular biophysics lab at the Rockefeller University; her surgeon at Memorial Sloan Kettering Cancer Center; and gene specialists at the New York Genome Center.

Elana Simon, a teen survivor of a rare liver cancer, spearheaded a study that led a team of researchers to find a gene flaw involved with the disease. She plans to study computer science at Harvard next fall. ZACH VEILLEUX /THE ASSOCIATED PRESS

A second survivor of this cancer, who the journal said didn't want to be identified, also co-authored the study.

Together, the team reported Thursday that they uncovered an oddity: A break in genetic material that left the "head" of one gene fused to the "body" of another.

That results in an abnormal protein that forms inside the tumours but not in normal liver tissue, suggesting it might fuel cancer growth, the researchers wrote. They've found the evidence in all 15 of the tumours tested so far.

It's a small study, and more research is needed to see what this gene flaw really does, cautioned Dr. Sanford Simon, the teen's father and the study's senior author.

Simon was diagnosed at age 12. Surgery is the only effective treatment, and her tumour was caught in time that it worked. But there are few options if the cancer spreads, and Simon knows other patients who weren't so lucky.

A high school internship during her sophomore year let Simon use her computer science skills to help researchers sort data on genetic mutations in a laboratory studying another type of cancer.

Simon wondered, why not try the same approach with the liver cancer she'd survived?

The hurdle: Finding enough tumours to test. Only about 200 people a year worldwide are diagnosed, according to the Fibrolamellar Cancer Foundation, which helped fund the new study. There was no registry that kept tissue samples after surgery.

But Simon's pediatric cancer surgeon, Sloan-Kettering's Dr. Michael LaQuaglia, agreed to help, and Simon spread the word to patient groups. Finally, samples trickled in, and Sanford Simon said his daughter was back on the computer helping to analyze what was different in the tumour cells.

At the collaborating New York Genome Center, which genetically mapped the samples, co-author Nicolas Robine said a program called FusionCatcher ultimately zeroed in on the weird mutation.

Sanford Simon said other researchers then conducted laboratory experiments to show the abnormal protein really is active inside tumour cells. He calls it "an exciting time for kids to go into science," because there's so much they can research via computer.

THE ASSOCIATED PRESS

Things just got personal

The research project prompted by Elana Simon has grown into work to get more patients involved in scientific research.

- Scientists at the National Institutes of Health are advising the Simons on how to set up a patient registry, and NIH's Office of Rare Diseases Research has posted on its website a YouTube video in which Elana Simon and a fellow survivor explain why it's important get involved.
- "Fibrolamellar Hepatocellular Carcinoma. Not easy to pronounce. Not easily understood," it says.

Canucks defenceman Kevin Bieksa tries to bat the puck past Senators goalie Craig Anderson during the Heritage Classic game in Vancouver on Sunday.
JONATHAN HAYWARD/THE CANADIAN PRESS

Sens put Canucks away in icebox

NHL. Ottawa rallies from early two-goal deficit for win in outdoor-turned-indoor Heritage Classic

Heritage Classic

4	2
Senators	Canucks

- The NHL's outdoor series was forced to go indoors as the BC Place Stadium roof was closed due to rain.
- The weather teased Vancouver and Ottawa players who had hoped the roof would remain open. Although Vancouver received a light snowfall overnight, a morning drizzle forced the closure of the stadium's retractable dome.

Vancouver's BC Place Stadium's roof was closed on Sunday.
DARRYL DYCK/THE CANADIAN PRESS

Senators rookie Cody Ceci is trying to help his team by helping his own cause.

Ceci's second-period goal stood up as the winner as the Ottawa Senators downed the Vancouver Canucks 4-2 before a disappointed crowd of more than 50,000 people Sunday in the NHL Heritage Classic.

"It means a lot," said Ceci, a 20-year-old Ottawa native. "These are points that we need right now going down the stretch, and it means a lot to me. I'm just trying to earn my spot here."

The Senators (27-23-11) posted their first win in three games and kept pace in the race for the eighth and final playoff berth in the Eastern Conference. The Canucks (28-25-10) suffered their ninth loss in 10 games and remained on the bubble in their quest for eighth in the Western Conference.

Ceci put the Senators ahead 3-2 midway through the second. The defenceman moved up, took a pass from Jason Spezza, and fired home a shot from the right wing on a 3-on-2 rush.

He helped the Sens make a classic comeback as they produced four unanswered goals after trailing 2-0 in the first five minutes. The score was tied 2-2 after the first period before Ceci decided the outcome.

Clarke MacArthur, Erik Karlsson and Colin Greening, into an empty net with 1:33 left in the game, also scored for Ottawa.

Jason Garrison and Zack Kassian scored for the Canucks before Ottawa goaltender Craig Anderson shut them out the rest of the game.

The Canucks lost winger Daniel Sedin in the second period after he took an elbow to the head from Ottawa defenceman Marc Methot. A woozy Sedin was helped by two trainers from the bench on a long way to the dressing room. No penalty was called on the play.

The game was designed as a tribute to the 1915 Stanley Cup final series between the eventual-champion Vancouver Millionaires and Ottawa Senators. The Canucks wore maroon and cream-coloured replica Millionaires jerseys while the Senators sported duds similar to those of their predecessors.

THE CANADIAN PRESS

PGA

Henley wins four-man playoff

Russell Henley made good on his second chance at the 18th hole Sunday and won the Honda Classic after a wild day that began with Tiger Woods walking off the course with a back injury and ended with a four-man playoff.

Henley was in a three-way tie for the lead, 40 yards left of the flag on the par-5 18th in regulation, when he chunked a chip so badly that it only got halfway to the hole.

In the playoff, Henley was the only player to reach the 549-yard hole in two, and he two-putted from about 40 feet for birdie.

THE ASSOCIATED PRESS

MLB

Bronx Bombers blast Blue Jays

Carlos Beltran homered for his first hit this spring, leading the New York Yankees past the Toronto Blue Jays 8-2 on Sunday.

Jose Bautista hit his second homer in exhibition play for the Blue Jays.

Beltran's solo home run in the third capped a four-run inning that included a two-run homer by Eduardo Nunez. THE ASSOCIATED PRESS

NHL

LaFontaine joins Buffalo exodus

First, Ryan Miller. Then, Pat LaFontaine.

A day after trading their star goalie to St. Louis, the Buffalo Sabres lost another face of their franchise after LaFontaine abruptly resigned as president of hockey operations on Saturday a little more than three months after being brought in to provide a new direction to the NHL's last-place team. THE ASSOCIATED PRESS

NBA

DeRozan leads Raps past Warriors

DeMar DeRozan scored 32 points to lead the Toronto Raptors past the Golden State Warriors 104-98 on Sunday afternoon.

Kyle Lowry added 13 points and eight assists for Toronto (33-26). Stephen Curry scored a game-high 34 points for Golden State (36-24). THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
The Sun links with power planet Pluto today, so it's unlikely you will be in the mood to stay home and bake cookies. There is a world out there and you have the talent to be Number One.

♉ Taurus
April 21 - May 21
If you take a risk over the next 24 hours it will more than likely pay off. No matter how powerful your rivals may be you have what they do not – staying power and no fear.

♊ Gemini
May 22 - June 21
No matter what you turn your hand to over the next few days it will work out better than you expected. You are going to accomplish something special indeed.

♋ Cancer
June 22 - July 23
Never doubt that you have what it takes to succeed. Never doubt that you belong at the top with the best. Today's Sun-Pluto link will inspire you to believe all things are possible.

♌ Leo
July 24 - Aug. 23
The week ahead will be busy in the extreme but you're ready for the challenges that will come your way – in fact you're eager for them. Don't wait for others to take the lead, take it yourself.

♍ Virgo
Aug. 24 - Sept. 23
You may have to get tough with someone who has let you down but make sure you don't let your anger take over because if you go too far you will lose your credibility.

♎ Libra
Sept. 24 - Oct. 23
You won't stop impressing people with your ideas, both at home and at work others will look up to you as the one person they can trust to see things as they really are.

♏ Scorpio
Oct. 24 - Nov. 22
How much confidence do you have in your abilities? Hopefully it's a lot because with the Sun linked to your ruler Pluto there are going to be some big changes coming.

♐ Sagittarius
Nov. 23 - Dec. 21
Some things are more difficult than others but this will be one of those days when everything comes easy to you. With the Sun linked to Pluto, planet of power, there is nothing you cannot do.

♑ Capricorn
Dec. 22 - Jan. 20
Don't let your suspicious nature get the better of you today because there is little you have to worry about. Pluto in your sign means others should be more afraid of you than you of them.

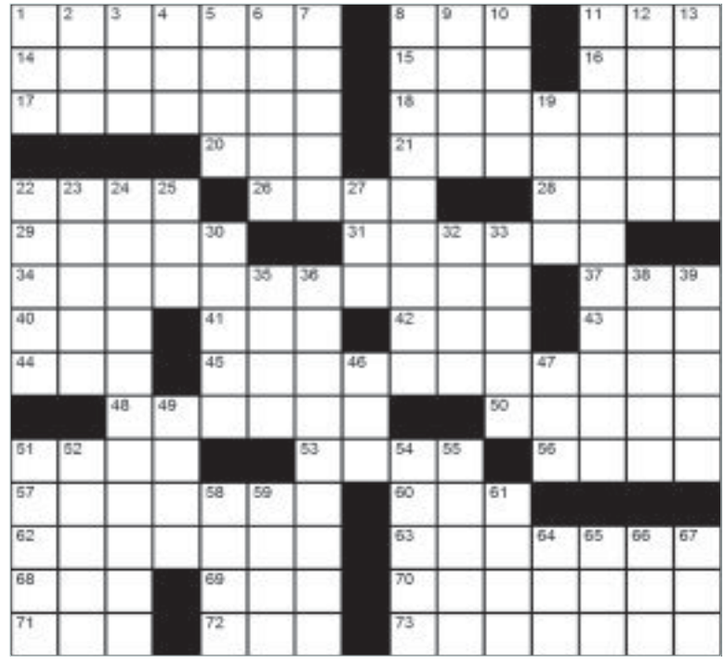
♒ Aquarius
Jan. 21 - Feb. 19
Remember today that even an Aquarius has limits. It may feel as if you can take on the world and win but there may be a downside if you come on strong when you don't have to.

♓ Pisces
Feb. 20 - March 20
The world will see your passionate side today and even your friends will be amazed at your determination. Those who thought you were all talk are about to be proved wrong. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across
1. Pharaoh's pride
8. Nancy Grace's station
11. Canada's dance music channel
14. Escape legend
15. Storm's centre
16. Can. neighbour
17. Spring Training locale for the Toronto Blue Jays
18. Gobbled down the food
20. 'Senor' suffix
21. __-__ protester (Fashion show attendee, at times)
22. Sovereign's staff
26. Ex-love of Britney's ex-love Kevin
28. Built
29. Jim Croce's "_ __ _ Name"
31. Hertz pickup
34. Canadian correspondent on "The Daily Show with Jon Stewart": 2 wds.
37. Against [abbr.]
40. Sun lotion number
41. Never: German
42. 'Carot' completer
43. Scot's 'own'
44. Royal officer, for short
45. Great alum of "American Idol": 2 wds.
48. Yellow-green hue
50. Deliver the summons
51. Mr. Garfunkel, Heather __
53. Look for
56. Australian greeting!
57. Make mention of: 2 wds.
60. Jewellery sparkler
62. Canadian artist Mr. MacDonald (b.1901 - d.1989)
63. Indigo CEO, cute-style
68. Tic-Tac-Toe win
69. Fitting
70. Closed-off area
71. Brit. word/reference work
72. __-di-dah
73. Riot spray: 2 wds.

Down
1. High degree
2. "__, too?!?"
3. Bleed
4. 'Block' suffix
5. Skirt length
6. Monogram components, for short
7. Showbiz personality Ms. Shore
8. 1962 Crystals hit: 3 wds.
9. Ms. Redgrave
10. Organized
11. Old West sight: 2 wds.
12. Pretension person
13. Mother, in Madrid
19. Terza __ (Italian verse form)
22. Grammy-winning artist, __ Elliott
23. Awestruck
24. Mashed potatoes, as an example: 2 wds.
25. Greek letter
27. The Altar constellation
30. Ms. Paquin's
32. "99 Luftballons" by __
33. Overbrims
35. Clothes-washing brand
36. What many Canadians do at Spring Break: 2 wds.
38. PEI's motto, __ sub Ingenti
39. Rocker Mr. Wentz, fun-style
46. Li'l Abner character, Daisy __
47. Say "Pretty, please!"
49. Glaring glancer
51. Spelled-out "Star Wars" (1977) character, __-Detoo
52. Use a garden shed tool once more
54. Type of heron
55. Carolyn __ (Name behind 'Nancy Drew' stories)
58. Tangible
59. Bark-made cloth
61. Isinglass
64. 35mm camera variety, briefly
65. Maclean's, e.g.
66. Marilu's role on '90s comedy "Evening Shade"
67. Belonging to maha's li'l state

Friday's Crossword

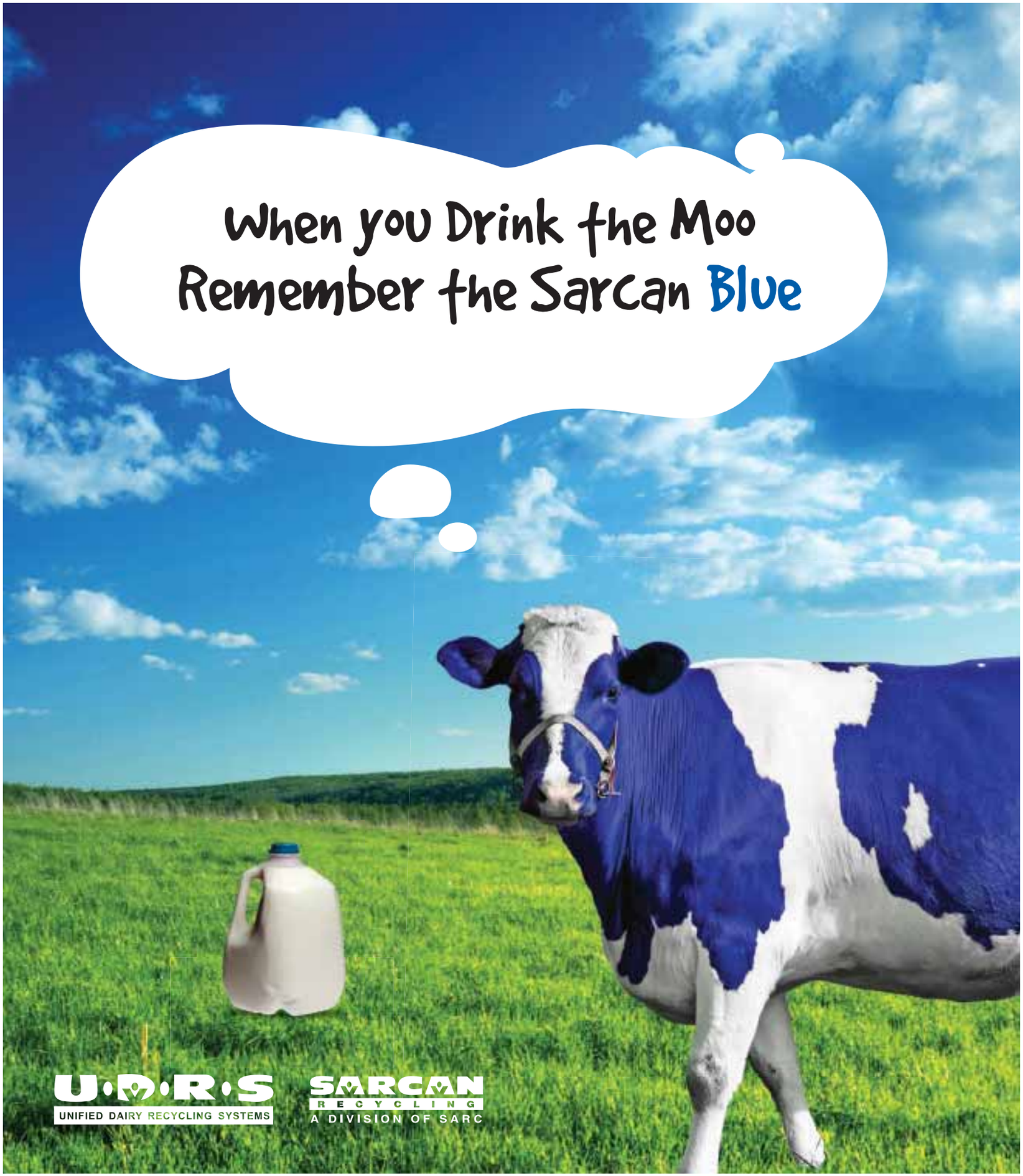
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9	3	6			7			1
	7	5	3			9	4	
2				9		5		
				3	1	2	5	
			2		9			
	9	2	4	5				
		4		2				8
	5	3			4	6	9	
7			8			4	1	5

Friday's Sudoku

URBAN
BLIND CLEANING
10% TUESDAY
(for the month of February)
Blinds in by Tuesday and ready by the weekend.
Recieve 10% off cleaning*
*Does not include Pickup/Delivery,Take-Down/Reinstall
We repair blinds and carry a variety of parts and cording
Urban Shade & Shutter
306-565-1869
1920A Francis Street
Regina, Sk, S4N 6B3


When you Drink the Moo
Remember the Sarcan Blue
U·M·R·S
UNIFIED DAIRY RECYCLING SYSTEMS
SARCAN
RECYCLING
A DIVISION OF SARC